

### List of social support networks online

<http://www.weightlossbuddy.com/HomePage.aspx>

Weight Loss Buddy - Devoted to matching up weight loss buddies based on a number of criteria.

<http://www.fatsecret.com> Fat Secret - Journaling, chatting, tips, recipes - can be centered around any diet.

<http://www.weightcircles.com> Weight Circles - Blogs and "circles" (like-minded support groups).

<http://www.extrapounds.com> Extra Pounds - Blogging and Tracking

<http://www.sparkpeople.com> SparkPeople - Popular weight loss program with many social networking features.

<http://www.diet.com> Diet.com - Began as the "personality type diet" - but now offers a number of ways to connect with others.

<http://www.diettv.com> Diet Television - Track diet and exercise habits and link up with others.

<http://www.traineo.com> Traineo - Popular fitness site with ability to get others to motivate you.

<http://www.fitlink.com> FitLink - Fitness themed with ability to find training partners.

<http://www.peertrainer.com> PeerTrainer - Many social networking features. Fitness emphasis.

<http://www.weightlosswars.com> WeightLossWars is a fun and motivational website

<http://www.weightwatchers.com/health/asm/index.aspx> Weight Watchers Online resources.



“The Personnel Cabinet/Journey to Wellness program provides links to sites that offer services (advertisements may be posted on the website) to the participants of the WeightWise Challenge as an informational service/resource.

The Cabinet has not conducted a detailed investigation of the offers contained in the links provided and neither endorses nor recommends those products or services.”